

Be Smart, Not Strong

“I can be around drugs or alcohol. I’m sure I don’t want to use, and once I make up my mind, I’m very strong.”

“I have been doing well, and I think it’s time to test myself to see whether I can be around friends who are using. It’s just a matter of willpower.”

“I can have a drink and not use. I never had a problem with alcohol anyway.”

Staying abstinent has little to do with how strong you are. People who maintain abstinence do it by being smart. They know that the key to not drinking and not using is to keep far away from situations in which they might use. If you are in an environment where drugs might appear (for example, at a club or party) or with friends who are drinking and using, your chances of using are much greater than if you weren’t in that situation. Smart people stay abstinent by avoiding triggers and relapse situations.

DON’T COUNT ON BEING STRONG. BE SMART.

How smart are you being? Rate how well you are doing in avoiding relapse. (Circle the appropriate number.)

	Poor	Fair	Good	Excellent
1. Practicing thought stopping	1	2	3	4
2. Scheduling	1	2	3	4
3. Keeping appointments	1	2	3	4

	Poor	Fair	Good	Excellent
4. Avoiding triggers	1	2	3	4
5. Not using alcohol	1	2	3	4
6. Not using drugs	1	2	3	4
7. Avoiding people who use drugs and alcohol	1	2	3	4
8. Avoiding places where you might encounter drugs or alcohol	1	2	3	4
9. Exercising	1	2	3	4
10. Being truthful	1	2	3	4
11. Going to 12-Step or mutual-help meetings	1	2	3	4

Add up the circled numbers. The higher your total, the better your Recovery IQ. The best possible Recovery IQ is 44.

I scored _____.

This is your Recovery IQ. What can you do to improve your Recovery IQ?
